Cynthia Spencer
Care, Support, Choice

Sunday 27 September

HOLDENBY



Cycle 4 Cynthia 2026

Sponsored by
EMW
LAW WITHOUT LIMITS

www.cynthiaspencer.org.uk/C4C

Rider Numbers

Your rider number is important

How are you going to show yours?

Rider numbers have important information on the reverse to help event organisers and emergency services in the event of an incident.

Please take the time to fill them in and display them on the day.

If they become unfixed during the ride please put them in your jersey pocket where they can be found by persons giving assistance.













Cycle 4 Cynthia

www.cynthiaspencer.org.uk/C4C

Cynthia Spencer Hospice Cynthiaspencercharity CynthiaSpencerTV

Cycle 4 Cynthia



Post your photos on the day using #cycle4cynthia

Get Social 4 Cynthia

Cynthia Spencer Hospice

Cynthiaspencercharity

#cycle4cynthia



Welcome To our 23rd Cycle 4 Cynthia

Thank you for signing up for **Cycle4Cynthia**. Since Cycle4Cynthia began in 2004 it has raised over £754,000 to support the exceptional care at the Cynthia Spencer Hospice which is only made possible due to the support received at events like this.

Cycle4Cynthia is run entirely by the Cynthia Spencer Hospice Charity team, not a commercial event company and we manage to keep our ride entry fees low, due to the **fantastic support provided by our corporate sponsors and amazing volunteers**. This makes the ride available to everyone as well as ensuring it is safe and enjoyable.

To enable the event to make a difference to hospice care in the county, **we rely on riders to raise sponsorship or make a donation with their entry**.

Your donations will help us continue to make a difference.

Thank you to everyone who has joined in the Cycle4Cynthia spirit, whether through raising sponsorship, by making a donation with your entry or volunteering. It is only through the **kindness of the community** that Cynthia Spencer Hospice is able to continue supporting the people of West Northamptonshire.

Thank you to EMW Law for making this Ride Guide possible through their generous sponsorship.

Many thanks

Cynthia Spencer Hospice Charity

P.S. If you fancy becoming one of our amazing event volunteers please email fundraising@cynthiaspencer.co.uk

Thank you to our sponsors:

HOLDENBY

CHELTON BROWN

LeisureLakes Bikes.com

HADDONSTONE

The McMANUS PUB COMPANY

DAVIDSONS HOMES

EMW LAW WITHOUT LIMITS

Riders' Code of Conduct



We'd like to remind all participants that our Cycle4Cynthia event will be conducted primarily on open public roads. These routes are operational and open to regular traffic. It is crucial to adhere to the Highway Code regulations at all times.
This ensures the utmost safety while providing a seamless cycling experience. We appreciate your understanding and cooperation as we strive tomake this a successful event for everyone.

Riders are advised to:

- Make sure that your bike is in good working order
- Carry a spare inner tube, tyre levers, pump and multi-tool
- Use a bell to warn others of your presence
- Carry plenty of drinks and energy food
- Don't drink any alcohol during the event
- Check with your doctor if you haven't ridden for a long while or if you are worried about your health
- Wear high factor sun protection
- Wear a cycle helmet & appropriate cycling clothing
- Bring money in case you need to purchase anything or pay for repairs

Riders must:

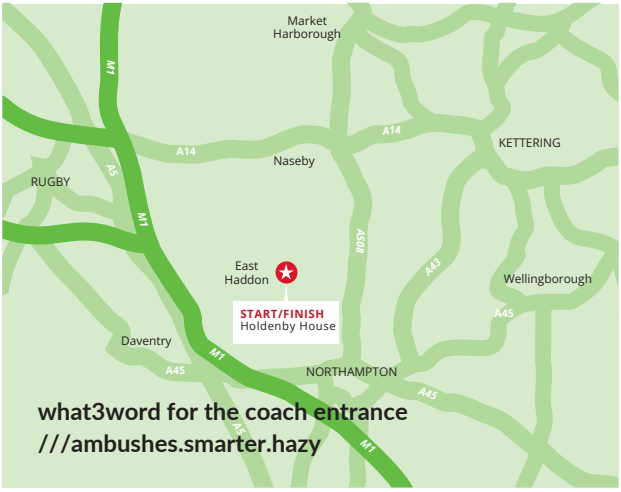
- NOT RACE
- Be aware of the Highway Code and obey it at all times
- Ride ideally in single file, but no more than two abreast
- Stop at all traffic lights and stop signs
- Slow down at roundabouts and junctions and be prepared to stop
- Obey all instructions given by marshals, police and other event officials
- Notify a marshal if you spot an accident
- Act responsibly at all times
- Not drop litter
- Not deviate from the signed route

Getting There



This year's event is being held at Holdenby House, **NN6 8DJ**. We are extremely grateful to James and Karen Lowther for allowing us to use Holdenby House to host Cycle4Cynthia.

Holdenby House is situated 6 miles northwest of Northampton, signposted from the A5199 and A428 at Holdenby village.



ARRIVING BY BICYCLE

Please arrive via the Main Entrance of Holdenby House (ornamental gates) and go straight to the assembly area to the right of the House. If you have not already registered your spot, please do so as soon as you arrive at the Registration Tent in the Event Area.

Please sign in to collect your rider number and to let us know you're here.

ARRIVING BY CAR

Due to the large volume of traffic, please allow plenty of time to arrive by car. On arrival please head to the registration tents and sign in.

If you have not already signed up please aim to arrive between 08:00 - 08:30.

The parking area is in the Event Car Park which can be accessed by the Coach entrance of Holdenby House, off the Holdenby Road. Please do not attempt to drive through the Ornamental gates of the House, as this entrance/exit is for cyclists only.

After the event, vehicles leaving the parking areas and turning right towards the Bramptons are asked to be mindful of cyclists returning to Holdenby from the direction of East Haddon.

Marshals will be present to direct car parking.

Important Safety Information



You must follow the Highway Code at all times and please ensure you follow any additional event instructions given by signs, commentary or stewards.

If in difficulty during the ride, phone the Event Manager on **01604 770074**. There is a broom wagon which will be following the last 50-mile rider, but which can be summoned by calling Event Control.

EVENT CONTROL 01604 770074

There is ample first aid cover in case of accidents, with the first aid control point at Holdenby House and mobile units out on the course.



First aid support can be summoned by calling the **Event Manager** on **01604 770074**. However, if you are involved in, or witness a serious accident requiring URGENT medical attention, then ring 999 first, followed by the above Event Manager number. This number will only be in use during the event and will not be answered outside of the event.

We strongly recommend that you add the above numbers to your mobile phone and keep them with you at all times during the event.

Routes are signposted as follows:

RED	BLUE	GREEN
for BIG 50 miles	for 25 miles	for 10 miles

THE START: BIG 50 MILE ROUTE, WILL BE AT 09:00

We encourage riders in the BIG 50 mile route to line up in this order:
To the front: Where riders are confident they will complete the course in less than 3 hours
The middle: Where you expect to take 3 – 4 hours
The rear: Where you expect to take more than 4 hours

THE START: 25 MILE ROUTE, WILL BE AT 09:15

THE START: 10 MILE ROUTE, WILL BE AT 09:30



ROUTE INFORMATION

1. All 3 routes leave Holdenby House, turning Right, then immediately LEFT heading towards TEETON.
2. In TEETON, the routes diverge, with 10 50-milers turning RIGHT towards SPRATTON and 25-milers turning LEFT towards RAVENSTHORPE.
3. 10-milers will take FIRST LEFT to circle TEETON and head back toward HOLDENBY.
4. The 25 and 50 mile routes converge in COLD ASHBY.
5. The 50 mile route passes through Brixworth: Please TAKE CARE.
6. Both routes leave Long Buckby, on the Brington Road which is **ROUGH GROUND**. so please TAKE CARE
7. The FINISH is on the Main Drive at Holdenby House. (where you started from)
8. All riders and supporters are invited to bring picnics etc and remain after they have finished
9. Keep a keen eye on the weather leading up to the event and be prepared to bring appropriate clothing if rain is possible.

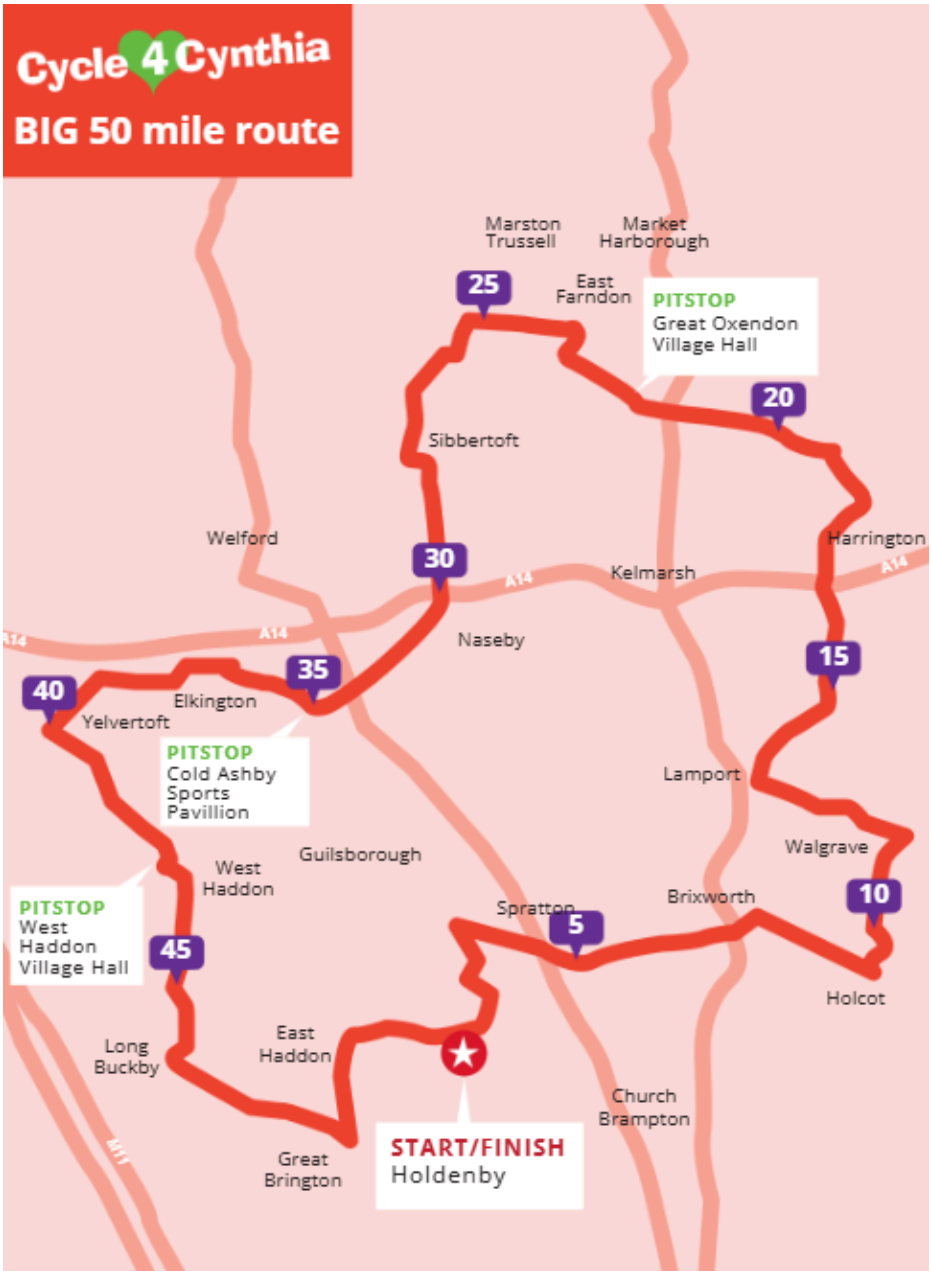
In 2014 there was a serious crash where the rider's life was undoubtedly saved due to the wearing of a cycle helmet. Therefore riders are advised to wear cycle helmets that are Snell, CE or ANSI approved.

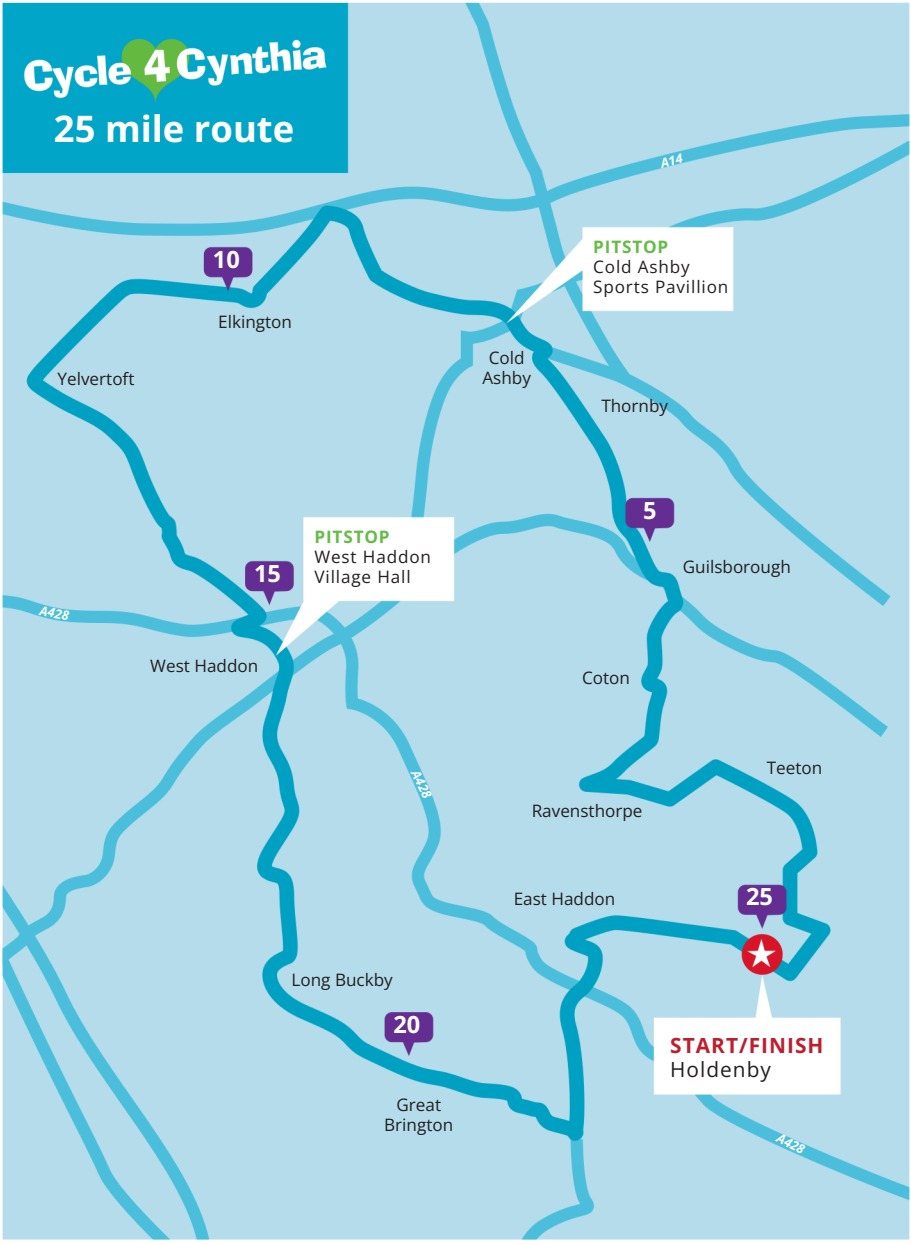
YOUR BIKE

For those of you who do not regularly use your bicycle it is important to make sure that both you and your bike are fit for the event. If you haven't used your bike for a while, make sure you try it out before the event and consider getting your bike checked by a mechanic.

Leisure Lakes Cycles from Daventry (www.leisurelakesbikes.com) are onsite at Holdenby for minor repairs and replacement parts before and after the ride, but we recommend you carry a spare inner tube, tyre levers, pump and multi-tool.

Cycle 4 Cynthia




Cycle 4 Cynthia
25 mile route
A14
10
Elkington
Yelvertoft
PITSTOP
Cold Ashby
Sports Pavillion
Cold
Ashby
Thornby
5
Guilsborough
PITSTOP
West Haddon
Village Hall
15
A428
West Haddon
Coton
Teeton
Ravensthorpe
A428
East Haddon
25
Long Buckby
20
START/FINISH
Holdenby
Great
Brington
A428

Cycle 4 Cynthia



Please make sure you do not stand about on the highway or cause an obstruction at any Pit Stop.

All food and drink at Pit Stops is FREE, thanks to our kind Sponsors.



Sponsored by the McManus Pub Company



Sponsored by Haddonstone

At each Cycle4Cynthia pitstop, riders will find a friendly team ready to help you refuel and reset. You can expect water top-ups, light refreshments, and plenty of encouragement to keep you going. It's a chance to take a breather, stretch your legs, and enjoy a moment of community before heading back out on the route.



Sponsored by Davidsons Group

HELPING YOU GET A GRIP OF YOUR LEGAL MATTERS

Visit us at www.emwllp.com



"We have taken part in Cycle4Cynthia for several years now, and to be able to help Cynthia Spencer raise funds for all the wonderful work the hospice does, whilst doing something we enjoy, is brilliant!"

James Geary, Managing Partner